

Interval Throwing Program for Baseball Players: Phase I

| 45' Phase | 60' Phase | 90' Phase | 120' Phase |
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| Step 1: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 45' (25 Throws) Step 2: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 45' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 45' (25 Throws) | Step 3: A) Warm-up Throwing B) 60'(25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 60' (25Throws) Step 4: A) Warm-up Throwing B) 60' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 60' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 60' (25 Throws) | Step 5: A) Warm-up Throwing B) 90' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 90' (25 Throws) Step 6: A) Warm-up Throwing B) 90' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 90' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 90' (25 Throws) | Step 7: A) Warm-up Throwing B) 120' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 120' (25 Throws) Step 8: A) Warm-up Throwing B) 120' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 120' (25 Throws) F) Rest 5-10 min. G) Warm-up throwing H) 120' (25 Throws) *FOR PITCHERS, STOP HERE AND SEE BELOW |
| 150' Phase Step 9: A) Warm-up Throwing B) 150' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 150' (25 Throws) Step 10:A) Warm-up Throwing B) 150' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 150' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 150' (25 Throws) | 180' Phase Step 11: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws) Step 12: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 180' (25 Throws) Step 13: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 180' (20 Throws) I) Rest 5-10 min. J) Warm-up Throwing K) 15 throws progressing from 120 → 90' Step 14: Return to respective position or progress to step 14 below. | | All throws should be on an arc with a crow-hop Warm-up throws consist of 10-20 throws at approximately 30 feet Throwing Program should be performed every other day, 3 times per week unless otherwise specified by your physician or rehabilitation specialist. Perform each step _____ times before progressing to next step. |
| <p style="text-align: center;">*Flat Ground Throwing for Baseball Pitchers*</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Step 9:</p> <p>A) Warm-up Throwing B) Throw 60 ft. (10-15 throws) C) Throw 90 ft. (10 throws) D) Throw 120 ft. (10 throws) E) Throw 60 ft. (flat ground) using pitching mechanics (20-30 throws)</p> </div> <div style="width: 45%;"> <p>Step 10:</p> <p>A) Warm-up Throwing B) Throw 60 ft. (10-15 throws) C) Throw 90 ft. (10 throws) D) Throw 120 ft. (10 throws) E) Throw 60 ft. (flat ground) using pitching mechanics (20-30 throws) F) Throw 60-90 ft. (10-15 throws) G) Throw 60 ft. (flat ground) using pitching mechanics (20 throws)</p> </div> </div> <p style="text-align: center;">Progress to Phase II – Throwing Off the Mound</p> | | | |

45 feet = 13.7 meters
 60 feet = 18.3 meters
 90 feet = 27.4 meters
 120 feet = 36.6 meters
 150 feet = 45.7 meters
 180 feet = 54.8 meters